



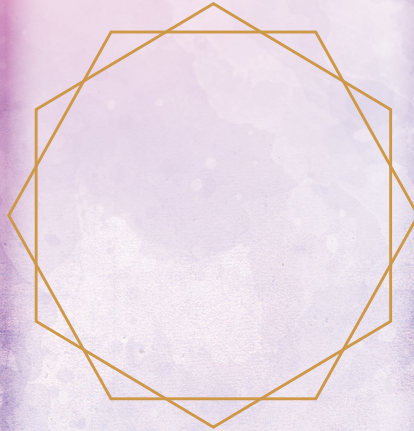
## A Spiritual Exercise to Meet Lai Tsi

Look at this drawing of Lai Tsi. Study it a moment or so, and then sing *HU*. Sing it softly, with eyes shut, and imagine Lai Tsi's face before you on the screen of your mind.

Now pay attention to anything and everything. There may be a sound of running water or a soft silvery light. When Lai Tsi appears, notice his graceful hands or his beautiful, embroidered jacket. Study every detail of his person carefully. Be alert to the light of ECK in his eyes.

—Sri Harold Klemp, adapted from *Those Wonderful ECK Masters*, pp. 60–61

In the frame, draw something you experienced when meeting Lai Tsi. It could be a drawing of you and Lai Tsi, a sound, a light, or a feeling.



### Lai Tsi's Prayer

Show me Thy ways,  
O Sugmad;  
Teach me Thy path.  
Lead me in Thy truth,  
and teach me;  
On Thee do I wait all day.  
Remember, O Beloved,  
Thy guiding light  
And Thy loving care.  
For it has been ever Thy will,  
To lead the least of Thy  
servants to Thee!

—*The Shariyat-Ki-Sugmad*,  
Book Two, pp. 172–73

## Meet Gopal Das



Would you like to meet the great ECK Master Gopal Das? Here is a way you can.

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First, sit in a comfortable chair with your eyes closed. Then imagine yourself in a land with a warm, dry climate, where the air is sweet and fresh and the sky is a brilliant blue. Everything else in sight is a pleasant golden color.

Sing the word *Gopal* (GOH-pahl) for five to ten minutes. Then, quick as a wink, see yourself in a high spiritual world with Gopal Das. Look around yourself. What do you see? Pay close attention to the ECK Master. What is he wearing? Look into his bright blue eyes as he softly smiles at you. Then go with him as he takes you to a

Temple of Golden Wisdom or on some other adventure. Where do you go?

It may take a bit of time to catch on to how simple this spiritual exercise is, but stay with it. Patience and determination go a long way toward success.

Have fun traveling with Gopal on the inner planes!

—Sri Harold Klemp,  
*The Wonder within You*, pp. 93–94



Inside the frame above, draw a picture of anything you experienced during the spiritual exercise.